



## KAP FLIGHT INSTRUCTIONS and ORIENTATION TO JOURNEY EXPERIENCE

- Every journey has a beginning, a middle and an end. You will come back. Trust the process, trust the medicine, trust your inner organic healing intelligence, trust the therapy relationship.
- Approach the journey with “beginners’ mind” and curiosity. Approach the journey like an anthropologist and an archeologist.
- Relax your critical mind so that you are not analyzing what you are experiencing nor wondering why something is or is not coming up in the session.
- Trust that whatever comes up in a session needs to come up even if you do not fully understand it.
- Trust that your inner healing intelligence would not bring up more than you can effectively handle or eventually integrate.
- When something beautiful or magical emerges, move towards it, connect with it, allow yourself to melt into it; when something is challenging, scary, confusing or disturbing, in a similar way, move towards it with curiosity and inquiry.
- When approaching challenging experiences (or appearances, forms, beings or phenomena) ask what they are there to teach you and/or to show you, and if you can thank them for whatever is shared.
- Keep moving (let the music guide you and merge with you) and exploring and entering different spaces or terrains so that if you see doors, open them. If you see staircases go up them. If you see planets, explore them. If you see bodies of water, go into them. If you see windows, jump through.
- Imagine the music is holding your hand, leaning into the music.
- Seeing is not believing in journey space but seeing is becoming and believing is through becoming.
- Learn to use the breath to explore, inquire and go deeper into experiences.

Ask for help whenever you need it in whatever form feels appropriate. Physical support, grounding, anchoring and encouragement are available. Notes 1) This is best delivered verbally at the beginning of every session, not given as a handout to patients. 2) Forms of supportive touch are to be worked out prior to the session and permission reiterated before contact is initiated. INFLUENCES: Tim Leary, Stan Grof, MAPS MDMA-assisted psychotherapy protocol (Mithoefers), Wolfson and Andries, Schwartz, Benne , Rishi K